



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!

Nov/Dec 05

Army Rally Helps Retain Title

On 13 Oct 05, there was a festive mood in the air as the two titans once again met on the battlefield. Respected as competitors but loathed like brothers, the Army and Navy faced off again in the second annual SHAPE Volleyball Challenge. Both teams were eager for the challenge and camaraderie always present during these Joint Service events.

After an initial greeting and handshake, the team captains discussed and agreed upon the rules for the day. The Navy team won the coin toss and the game began.

Team Captain Major Brian Stehle made the questionable call to start injured reservist Gene 'Spiker-Man' Strickland from last year's winning team. ('Spiker-Man' is still recovering from injuries sustained in the Army-Navy Basketball game.) The decision proved to be good since, even though the first game started off pretty even, the Army team opened it up with some pretty impressive teamwork. The combination of MAJ Torry Brennan and Tami 'Talk It Up' Griffith made their presence known with an impressive display of passing, diving, and communicating (mostly yelling from Tami). Even though the mood may have appeared light hearted, the Army team was focused on the win and turned out a 15-6 victory in the first game.

During the second game, the Navy mounted an impressive offensive. At one point they led by 9 points. But this did not deter the indomitable Army team. After finding his way out of the net, Jose Pepin was able to place some key shots to help the comeback while Mario Farrow demonstrated skills reminiscent of his All-Army days. Although Robyn Ingerham had trouble with some of her team mates names (she called for Ugo and Mimi on occasion - ?), she contributed to the overall win with well-placed passes and teamwork.



Army / Air Force Volleyball Challenge Winning Team: Top row (left to right): MAJ Torry Brennan, SSG Mario Farrow, Gene Strickland, James Grosse; Bottom row (left to right): Robyn Ingerham, MAJ Brian Stehle (Captain), Jose Pepin, Tami Griffith (Referees in the photo are from UCF)



Navy / Marine Corps Volleyball Challenge Team: Top row (left to right): CDR Jeffrey Brandt, STGCM Chris Weller, ET2 Philbert Corpuz, AWC Robb Holmes; Bottom row (left to right): STSCS John Tabor, STSCS Kirk Roudabush



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But the MVP remained Jim Grosse. Jim's serves proved to be the deciding factor in the turnaround game. The game was ended by a well placed serve that went untouched by the Navy.

After the game, members from both teams stayed and continued the team building for a few more games. Overall, the day was a success with both teams playing well and looking forward to next year's challenge.

Turkey Bowl

Go ARMY/Air Force!!

Go NAVY/Marine Corps!!

On **15 Dec 05**, SHAPE will sponsor our 10th annual Army / Air Force versus Navy / Marine Corps Flag Football Challenge. It's time for both teams to get ready for the big football game!! Game time begins at 1530, at University High School. Encourage fan support!!

Army team lead is Pat Concilio 407-380-4138; Navy team lead is Blake Shackelford 407-380-4604.

Credit Card

Fraud Prevention

On 6 Dec 05, Carlos J. Morales, Chief Investigator will lead our Credit Card Fraud Prevention Seminar in deFlorez 1061, 1130-1220

Would you give a stranger the keys to your home? Of course not - just as you would not allow a stranger to use your credit card to charge thousands of dollars to your account. Learn how to guard your credit card information, the various methods a thief uses to obtain that information, and what to do if you become a victim of credit card fraud.

Pre-register by sending your name, phone number, office symbol to "shape@peostri.army.mil" This seminar is open to all center contractors and family members. If family members attend, you will need to complete a Security Access Request. Walk-ins are welcome.

SHAPE Gym Benefit

During the holidays, all Government employees of PEO STRI, NAVAIR Orlando TSD and AFAMS are encouraged to continue to take advantage of their employee benefit to use the Winter Park Lifestyle Family Fitness (near University and Goldenrod). All you need to show is your blue employee Government ID badge.

Military dependents are included in this contract. The military dependents would need to obtain a "Government ID" card (which will be used for ID proposes only) from NAVAIR Orlando TSD Security.

If you have not been to this gym, recommend that you call to arrange an orientation session to familiarize yourself with their facility and your unique fitness program. Lifestyle Family Fitness: 407-679-4988.

Blood Drive

Next Navy Blood Drive is 18 Jan 06. Appointments are not required.

Blood and its derived products are some of the only natural materials that science has yet to find a way to develop synthetically. It is the "gift of life" that only human beings can give to one another.

Center employees may donate at either Navy or Army Blood Drives; credit will be provided to your appropriate Blood Drive account.

On-Site Aerobics

Aerobics classes are offered on Monday, Tuesday and Thursday at 1145-1245 in the deFlorez Multi-Purpose Room. The first class is free, so you are invited to check a class out. The cost is \$5 per class, or monthly fee of \$40.

Fleet Gym & SHAPE Center

All Center employees may use either the "Fleet Gym" in the deFlorez (1st floor south end of building), or the SHAPE Center in Research Commons Room 3024. Our SHAPE Center has Nautilus TimeMachine, Treadmill, Cross-Trainer, and Lifecycle!!

Automatic External Defibrillator (AED)

Sixty-one million Americans have cardiovascular disease resulting in approximately 1 million deaths per year. One-third of these deaths are due to cardiac arrest. Most often, cardiac arrest is caused by ventricular fibrillation. Defibrillation (electric shock) can restore a normal rhythm and can result in greater than 90 percent survival rate. Each minute of delay is critical to survival. For that reason, Automatic External Defibrillators (AED) have been place throughout the PEO STRI workplace. Locations are:
(1) deFlorez 2nd Floor Stairwell #2
(2) deFlorez Annex 1st and 2nd Floor near both stairs on each floor
(3) Research Commons 3rd and 4th Floor near Elevator area
(4) Partnership II 4th Floor in break area
(5) Partnership II 5th Floor in break area
(6) deFlorez 3rd Floor south end, awaiting install.

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NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department.

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